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We believe individual health is the foundation for productivity, growth and innovation.

Our healthy people and healthy business workshops are designed to enhance people's lives and performance. We provide intelligent, smart and engaging learning innovations to address specific individual and business needs.

Education is the most powerful weapon which you can use to change the world.

- Nelson Mandela



healthy people

Workshops for the achievement of great personal health

Peer Educator/Wellness Ambassador

HIV/AIDS A-Z

TB Awareness

Cancer Awareness

Chronic Diseases of Lifestyle

Youth Health

Women's Health

Men's Health

Understanding Addiction & Substance Abuse

Self-Awareness

Coping with Stress

Life Balance

Financial Life Skills

Healthy Relationships

Parenting

Personal Hygiene

Sleeping & Breathing

Healthy Eating

Healthy Exercising

Happiness & Flow

Trauma, Loss & Bereavement



healthy business

Workshops aimed at maximising business growth and innovation

Healthy Achievement

- Team Effectiveness
- Communication & Projection
- Understanding & Managing Conflict
- Resilience
- Motivation
- Goal Setting
- Time Management
- Dress for Success

Healthy Turnover

- Selling, Closing & Negotiating for Fair exchange
- Key Account Management
- Quality Service Delivery
- Sales Leadership

Healthy Profit

- Financial Productivity
- Power of Financial Analysis
- Business Budgeting

Healthy Governance

- Absenteeism Management
- Charismatic Leadership
- Leading through change
- Understanding & Promoting Diversity
- Occupational Hygiene & Safety
- Disability Sensitivity

strategy

Consultation and advisory on people requirements

Policy Design & Development
Strategic Change Management
Instructional Design & Development
Training Programme Design & Implementation
Programme Management
Performance Management
Trainer/Facilitator Training
Talent Management
Organisational Design

